



# Fall/Winter 2013-2014

## Olney Swim Center

16605 Georgia Avenue, Olney, MD 20832 (240) 777-4995

**September 9, 2013 – March 24, 2014**

### REGISTRATION INFORMATION

**Newcomers' Evaluation** – Newcomers are swimmers who did not participate in the RMSC-Olney program Fall/Winter 2012-13 or Spring/Summer 2013, even if they have participated in some other previous season. Evaluations for skill assessment and group placement will be held September 3 & 4. Newcomers must attend one of the following sessions:

13 & over:	4:00 - 5:00 PM
11-12 years:	5:00 - 5:45 PM
9-10 years:	5:45 - 6:30 PM
8 & under:	6:30 - 7:00 PM

**Registration forms for newcomers will not be accepted or available until AFTER evaluations have taken place and a placement has been offered by the coaches.**

**Returning Swimmers** – A returning swimmer is someone who swam with RMSC-Olney during the Fall/Winter 2012-13 or Spring/Summer 2013 season. They have been registered with USA Swimming for 2013. These swimmers can pre-register for the Fall/Winter 2013-14 program. To do so, COMPLETE & SIGN THE REGISTRATION FORM attach the PROGRAM FEE PAYMENT and return. Forms may be emailed to [herb.poe@montgomerycountymd.gov](mailto:herb.poe@montgomerycountymd.gov), handed in person at Olney or mailed to Olney Swim Center, Attn: Herb Poe, 16605 Georgia Ave., Olney, MD 20832.

**Returning swimmer registration begins Monday, August 12<sup>th</sup>, 2013**

**Registration ends for returning swimmers on Sunday, September 1<sup>st</sup>, 2013 in order to secure your spot.**

**Program Fee** – Program fees are payable to MCR by VISA, MasterCard, Check or Cash. Non-County residents must add \$15 per swimmer. This payment includes the 2014 United States of America Swimming (USAS) membership fees and all the PVS meet fees. To offset the cost of the program, payments can be credited to individual accounts prior to the start of the program. Installment fees and payment plans are NOT available. **All fees must be paid in full by the first day of practice.**

**The final date to register and to withdraw is February 1, 2014**

Questions Regarding RMSC @ OSC – Please email [herb.poe@montgomerycountymd.gov](mailto:herb.poe@montgomerycountymd.gov) or call (240) 777-4995.

**Do not change your practice group assignment unless instructed to do so by your coach.**

### PRACTICE GROUPS

**Minis** – For 8&Unders who can swim both freestyle, using good rhythmic breathing, and backstroke. Swimmers will learn proper stroke technique, including breaststroke and butterfly, flip turns, and starts from the blocks. Emphasis is on orientation to competitive swimming, participation in meets and having a fun experience.

**Recommended practice attendance: 2/week**

Fall/Winter (361281)	\$810
Tuesday, Thursday & Friday	6:00 - 7:00 PM

**Junior 1** – For swimmers ages 9-12 who range from minimal skills in freestyle and backstroke to those who have working knowledge in the four competitive strokes. Emphasis is on competitive stroke mechanics, starts, and turns for the lower level in this group, and on advanced stroke development and endurance training at the upper level. Participation in USAS meets is highly recommended but not required.

**Recommended practice attendance: 2/week**

Fall/Winter (361282)	\$800
Tuesday & Thursday	6:00 - 7:00 PM
Sunday	8:00 - 9:00 AM

**Junior 2 – Entry by coach's invitation only.** For swimmers ages 9-12 who are skilled in freestyle and have a legal and working knowledge in the four competitive strokes. Emphasis is on stroke mechanics, starts, and turns for the lower level in this group, and on advanced stroke development and endurance training at the upper level of this group. Participation in USAS meets is required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. **Minimum practices required: 3/week**

Fall/Winter (361283)	\$830
Monday & Wednesday	6:00 - 7:00 PM
Friday	5:00 - 6:00 PM
Sunday	7:30 - 8:30 AM

**Advanced Juniors – Entry by coach's invitation only.** For swimmers ages 9-12 who have achieved basic mastery of the four competitive strokes. The focus is on training for competition, goal setting, and endurance. Participation in USAS meets is required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. **Minimum practices required: 3/week**

Fall/Winter (361284)	\$1200
Tuesday, Thursday, & Friday	5:00 - 6:00 PM
Wednesday	5:30 - 7:00 PM; Dryland 5 – 5:30 PM
Sunday	7:30 - 9:00 AM

**National Development Group – Entry by coach's invitation only.** For swimmers ages 10-14 who have committed to upper level swimming in the RMSC program. Emphasis is on swimming technique, conditioning, goal setting and performance in USAS competition. Participation in dryland training and USAS meets are required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group.

**Minimum practices required: 5/week**

Fall/Winter (361285)	\$1500
Monday & Friday	5:30 - 7:00 PM; Dryland Fri. 5 – 5:30 PM
Tuesday & Thursday	5:00 - 7:00 PM; Dryland Tues. 4:30 – 5:00 PM
Sunday	7:00 - 9:00 AM

**Seniors** – For swimmers ages 13-18 who have a fundamental swimming background and aspire to improve further. New swimmers should have at least 2 years of summer league or high school swimming experience and have a solid knowledge of all four competitive stroke. Participation in USAS meets is highly recommended but not required.

**Recommended practice attendance: 3/week**

Fall/Winter (361286)	\$1200
Tuesday, Wednesday, & Friday	3:45 - 5:00 PM
Thursday	3:45 - 5:00 PM; Dryland 5 – 6:00 PM
Saturday	7:30 – 9:00 AM

**Advanced Seniors – Entry by coach's invitation only.** Designed for high school athletes who have a firm commitment to swimming and are looking for continued development in the sport. These swimmers train at a high level and are required to participate in dryland training and USAS meets. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. **Minimum practices required: 6/week**

Fall/Winter (361287)	\$1500
Mon., Wed., Fri. 4:00 - 5:30 PM	Tues. & Thurs. 4:00 – 5:00 PM
Tues. & Thurs. 4:45 - 6:15 AM	Saturday 5:30 - 7:30 AM
Dryland Training: Mon. & Wed. 5:30 – 6:00 PM, Tues & Thurs 5 – 6:00 PM	

**National Training Group – Entry by coach's invitation only.** For swimmers 13 & over who have made a commitment to swimming as their primary activity. Athletes are expected to focus on qualification for and competition in USAS meets which lead to the National level. Swimmers will participate in water and dryland training as part of an overall program to ensure success. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. **Minimum practices required: 7/week**

Fall/Winter (361288)	\$1850
Mon., Wed., Fri. 4:45 - 6:15 AM	Friday 3:45 - 5:00 PM
Mon. – Thurs. 3:45 - 6:00 PM	Saturday 6:00 - 9:00 AM
Dryland Training: Mon. & Wed. 6:00 – 7:00 PM; Fri. 5:00 – 6:00 PM	